

## Older Drivers

*At age 78, Sheila thinks she's a good driver, and she would like to stay that way. But lately, she has been in minor accidents. Sheila wonders how she can stay safe behind the wheel. Will taking a class for older drivers help?*

You may have asked yourself this question, or maybe a family member or friend has asked about your driving. Getting older doesn't make you a bad driver. But you should know there are changes that may affect driving skills over time.

### Your Body

As you age, your joints may get stiff, and your muscles may weaken. This can make it harder to turn your head to look back, turn the steering wheel quickly, or brake safely.

#### ***What you can do:***

- See your doctor if you think that pain or stiffness gets in the way of your driving.
- If possible, drive a car with automatic transmission, power steering, power brakes, and large mirrors.
- Be physically active or exercise to keep and even improve your strength and flexibility.

### Your Vision

Your eyesight may change as you get older. At night, you may have trouble seeing things clearly. Glare can also be a problem—from oncoming headlights, street lights, or the sun. It might be harder to see people, things, and movements outside your direct line of sight. It may take you longer to read street or traffic signs or even recognize familiar places. Eye diseases, such as glaucoma, cataracts, and macular degeneration, as well as some medicines may also change your vision.

#### ***What you can do:***

- The American Academy of Ophthalmology recommends you have your vision checked at age 40. Your eye doctor will then tell you how often you should come back. Then, if you are 65 or older, see your eye doctor every 1 to 2 years. There are many vision problems your doctor can treat.
- Talk to your eye doctor if you can't see well enough to drive because you have a cataract.

You might need surgery to remove the cataract.

- If you need glasses or contact lenses to see far away while driving, make sure your prescription is correct. And always wear them when you are driving.
- Cut back on night driving if you are having trouble seeing in the dark.

## **Your Hearing**

Your hearing may change, making it harder to notice horns, sirens, or noises from your own car. That can be a problem because these sounds warn you when you may need to pull over or get out of the way. It is important that you hear them.

### ***What you can do:***

- Have your hearing checked. The American Speech-Language-Hearing Association recommends doing this every 3 years after age 50. Your doctor can treat some hearing problems.
- Get a hearing aid to help—don't forget to use it when you drive.
- Try to keep the inside of the car as quiet as possible while driving.
- Pay attention to the warning lights on the dashboard. They may let you know when something is wrong with your car.

## **Your Reactions**

In order to drive safely, you should be able to react quickly to other cars and people on the road. You need to be able to make decisions and to remember what to do. Being able to make quick decisions while driving is important so you can avoid accidents and stay safe. Changes over time might slow how fast you react. You may find that your reflexes are getting slower. Stiff joints or weak muscles can make it harder to move quickly. Your attention span may be shorter. Or, it may be harder for you to do things at the same time.

### ***What you can do:***

- Leave more space between you and the car in front of you.
- Start braking early when you need to stop.
- Avoid high-traffic areas when you can.
- If you must drive on a fast-moving highway, drive in the right-hand lane. Traffic moves more slowly there. This might give you more time to make safe driving decisions.
- Take a defensive driving course. AARP, American Automobile Association (AAA), or your car insurance company can help you find a class near you.

- Be aware of how your body and mind might be changing, and talk to your doctor about any concerns.

## **Your Reactions**

Some health problems can make it harder for people of any age to drive safely. But other conditions that are more common as you get older can also make driving difficult. For example, Parkinson's disease, stroke, and arthritis can interfere with your driving abilities. At some point, someone with health problems may feel that he or she is no longer a good driver and may decide to stop driving.

People with illnesses like Alzheimer's disease or other types of dementia may forget how to drive safely. They also may forget how to find a familiar place like the grocery store or even home. In the early stages of Alzheimer's, some people are able to keep driving safely for a while. But, as memory and decision-making skills worsen, driving will be affected. If you have dementia, you might not be able to tell that you are having driving problems. Family and friends may give you feedback about your driving. Doctors can help you decide whether it's safe to keep driving.

### ***What you can do:***

- Tell a family member or your doctor if you become confused while driving.

## **Your Medications**

Do you take any medicines that make you feel drowsy, light-headed, or less alert than usual? Medications can have side effects. People tend to take more medicines as they age, so pay attention to how these drugs may affect your driving.

### ***What you can do:***

- Read the medicine labels carefully, and pay attention to any warnings.
- Make a list of all your medicines, and talk to a doctor or pharmacist about how they may affect your driving.
- Don't drive if you feel light-headed or drowsy.

## **Are You A Safe Driver?**

Maybe you already know that driving at night, on the highway, or in bad weather is a problem for you. Older drivers can also have problems when yielding the right of way, turning (especially making left turns), changing lanes, passing, and using expressway ramps.

### ***What you can do:***

- When in doubt, don't go out. Bad weather like rain or snow can make it hard for anyone to drive. Try to wait until the weather is better, or use buses, taxis, or other transportation services available in your community.

- Look for different routes that can help you avoid places where driving can be a problem left turns can be quite dangerous because you have to check so many things at the same time. You could plan routes to where you want to go so that you only need to make right turns.
- Have your driving skills checked. There are driving programs and clinics that can test your driving and also make suggestions about improving your driving skills.
- Update your driving skills by taking a driving refresher course. (*Hint: Some car insurance companies may lower your bill when you pass this type of class.*)
- Is It Time To Give Up Driving?

We all age differently. For this reason, there is no way to set one age when everyone should stop driving. So, how do you know if you should stop? To help you decide, ask yourself:

- Do other drivers often honk at me? Have I had some accidents, even if they are only “fender benders”?
- Do I get lost, even on roads I know?
- Do cars or people walking seem to appear out of nowhere?
- Have family, friends or my doctor said they are worried about my driving?
- Am I driving less these days because I am not as sure about my driving as I used to be?
- Do I have trouble staying in my lane?
- Do I have trouble moving my foot between the gas and the brake pedals, or do I confuse the two?

If you answered yes to any of these questions, it may be time to think about whether or not you are still a safe driver.

How Will You Get Around?

Are you worried that, if you stop driving, you won't be able to do the things you want and need to do?

You're not alone. Many people have this concern, but there may be more ways to get around than you think. For example, some areas offer free or low-cost bus or taxi service for older people. Some communities also have carpools that you can join without a car. Religious and civic groups sometimes have volunteers who will drive you where you want to go. Your local Area Agency on Aging can help you find services in your area.

## More Tips For Safe Driving

Planning before you leave:

- Plan to drive on streets you know.
- Limit your trips to places that are easy to get to and close to home.
- Take roads that will avoid risky spots like ramps and left turns.
- Add extra time for travel if driving conditions are bad.
- Don't drive when you are stressed or tired.

### **While you are driving:**

- Always wear your seat belt.
- Stay off the cell phone.
- Avoid distractions such as eating, listening to the radio, or having conversations.
- Make sure there is enough space behind your car. (Hint: If someone follows you too closely, slow down and pull over if needed to let that person pass you.)
- Use your window defrosters to keep both the front and back windows clear.
- Keep your headlights on at all times.

### **Car safety:**

- Drive a car with air bags.
- Check your windshield wiper blades often and replace them when needed.
- Keep your headlights clean and aimed in the right direction.
- Think about getting hand controls for both the gas and brake pedals if you have leg problems.

## **Movie Line Up:**

**January 7th** ~ *Driving Miss Daisy*~ 1989 / PG / 99 minutes (Morgan Freeman & Jessica Tandy)

**January 14th** ~ *The King & Four Queens* ~ 1956/ NR/ 86 Minutes (Clark Gable)

**January 21st** ~ *Overboard*~ 1987/ PG/113 Minutes ~**starts at 12:45pm**~ (Goldie Hawn & Kurt Russell)

**January 28th** ~ *The Secret Life of Bees* ~ 2008/PG-13/ 109 Minutes ~ (Queen Latifah & Alicia Keys)

# Price Activities

On going daily activities subject to change without notice

MON	TUE	WED	THU	FRI
Blood Pressure 2nd & 4th Mon. at 10a	Toe Nail Clinic 4th Tues. appointment required Blood Pressure 3rd Tues. at 10:30a		1st Thurs. Blood Pressure at 10a	<b><u>CLINICS</u></b>
Billiards: 8a-4p Game Room 8a- 4p Shopping: Fresh Market 1p Wal-mart 2nd Monday	Billiards: 8a-4p Golf (seasonal) Game Room 8a-4p Movie 1p Quilting: 1:00pm – 3:00pm	Billiards: 8a-4p Game Room 8a-4p Bingo 1p Quilting 10:00am - 3:00pm Movie: 1p	Billiards: 8a-4p Game Room 8a-4p Shopping: Smiths 1p Quilting 1:00pm- 3:00pm	Billiards: 8a-4p Game Room 8a-4p Bowling at Country Lanes 1pm <b><u>ACTIVITIES</u></b>
Computer Lab: 8a- 4p Line Dancing: 9am Ceramics: 10am Quilting & Sewing 10a Oil Painting 1p	Computer Lab: 8a-4p Line Dancing: 9am Ceramics: 10am Needle Arts 10a	Computer Lab: 8a-4p Ceramics: 10am	Computer Lab: 8a-4p Line Dancing: 9am Ceramics: 10am Organ Lessons 11:30a & 1p Quilting & Sewing 10a 3rd Thursday; Health Talks 11am (UMWA Benefits-Juanita Elliot)	Computer Lab: 8a-4p Ceramics: 10am  <b><u>CLASSES</u></b>
Gym: daily 8a-4p	Gym: daily 8a-4p Senior Fitness with Jerri Timothy 10:30a	Gym: daily 8a-4p Zumba 10a	Gym: daily 8a-4p Senior Fitness with Jerri Timothy 10:30a	Gym: daily 8a-4p Zumba 10a <b><u>EXERCISE</u></b>
	The Four Tune O's 1st & 3rd Tues 11:30a		Sing Along 2nd & 4th Thurs.	<b><u>MUSIC</u></b>

MON	TUES	WEDS	THURS	FRI Page 7
Blood Pressure 3rd Monday 11a  <b>East Carbon Activities</b>	Blood Pressure 3rd Tuesday 11a	Last weds of the month Blood Pres- sure 11a	2nd Thurs Blood Pressure/ Free Toe- nail trimming ( <b>call East Carbon Cen- ter to make your appointment for toenail trimming</b> )	<b><u>CLINICS</u></b>
Billiards 8a-3p Bingo/cards 1:30p Needle Arts 10a	Billiards 8a-3p Cards 1p	Billiards 8a-3p Bingo 1:30p Line Dancing 9a at Sunnyside City Hall  <b>4th Weds Movie at 1pm</b>	Billiards 8a-3p Cards 1p	Billiards 8a-3p Shopping in Price leaving Center at 1:30p Kickback Friday's Whatever you choose 1:15p  <b><u>ACTIVITIES</u></b>
Ceramic Class 10a	Needle Arts 10a	Line Dancing 9:00am at Sunny- side City Hall		Needle Arts 10a  <b><u>CLASSES</u></b>
	Exercise Class 11a		Exercise Class 11a	<b><u>EXERCISE</u></b>

Dear East Carbon Seniors,

The holidays are over and you definitely know that January has arrived (buurrrr). The cold makes me want to stay inside by the fire with a hot cup of coffee.

It is our hope that the New Year brings us many new friends and the chance to share good times with the seniors in the East Carbon area.

We will be having a toenail clinic at the end of every month. Please call the center to schedule an appointment and we will give you the day and time. This is a wonderful service along with the services provided by our other agencies throughout the month.

Our exercise class is scheduled for each Tuesday and Thursday @ 11am. Don't forget about line dancing that resumes mid January at Sunnyside City Hall.

We hope the New Year brings you all much joy, happiness and good health.

Your are all invited to stop by, have lunch, something hot to drink to warm you up and see what we are up to.

Bonnie

East Carbon Site Manager

Dear Seniors,

At our December Council on Aging meeting we talked about budget concerns. I must relay to you how grateful I am to the Carbon County Commission for their continued support of the Senior Center. Please take the time to thank them when you have the opportunity. That being said I was asked to relay to you how valuable your donations are to the operation of the center. Your donations not only supplement the nutrition program but many of what I call the "luxury services" are available due to your donations. For example: popcorn for movie day, the drink counter (including coffee, tea and hot chocolate), movies, BINGO, billiards, dances, exercise classes (zumba and pilates), exercise equipment maintenance, and many of the trips are either partly or in some cases completely tied to donations. I, along with the Council on Aging members, want to thank you for your donations and support throughout the year. Your continuing donations assure the quality of services we are able to provide.

As I am sure you are aware nutrition is a primary concern for the senior centers. Between the two county senior centers multi-thousands of meals are served to seniors in our community both on site and through the Mobile Meal program. This service could not happen without dedicated, hard working staff. I appreciate each one of them! We also provide transportation services to many seniors in our community who no longer drive or choose not to drive.

In looking back and reflecting on 2013 I see we have had some exciting and fun times but we have also had sorrow at the passing of some of our family members and friends. It is my prayer that we have as productive and enjoyable a year in 2014.

May God bless you in the new year!

Debby

**ATTENTION:**

Lunch for visitors  
under 60 years of age

will be **\$7.00**

beginning January 1, 2014.



# **Something New! AARP Smart Driver Course:**

**Thursday, January 9, 2014, 1:00-5:00pm**

AARP Smart Driver Course has replaced the previous Driver Safety Class. This new course features the most informative and relevant content from previous course editions reflecting the latest driver safety and transportation innovations bundled with fresh information based on new research and expert recommendations. This new course offers an important opportunity to learn how to drive more efficiently and safely. The course contains up-to-date information about changes over time in ourselves, our vehicles and our roads. The contents of this course can help you boost safety awareness, refresh and improve driving skills, minimize crash risks, increase driving confidence prolong mobility and maintain independence. This would be a good opportunity for those who haven't taken the AARP course for the past three years to come and see the newest program. There are no tests (written or driving) given in the 4-hour class. Upon completion, participants will be given a certificate to submit to their auto insurance provider to receive a discount on the insurance premium.

Contact the Senior Center to enroll    435-636-3202

# Sudoku Puzzle

		5	6		8			7
			4					
2	6	1				5	8	
	1			8				
	2	8				7	1	
				7			3	
	7	6				4	2	9
					9			
5			2		6	3		

## Sudoku Answers

8	7	3	6	1	2	4	9	5
1	5	6	9	4	7	2	3	8
9	2	4	5	3	8	6	7	1
2	3	8	4	7	1	9	5	6
5	1	7	3	6	9	8	2	4
6	4	9	2	8	5	3	1	7
4	8	5	7	9	3	1	6	2
3	6	2	1	5	4	7	8	9
7	9	1	8	2	6	5	4	3